

### Amendments to the Claims

Please cancel claim 14 as follows. This listing of the claims will replace all prior versions, and listings, of the claims in this application.



- 1-3. (canceled)
4. (previously presented) An exercise device comprising:  
a geometric element with a relatively flat bottom;  
a top comprising a compressible covering;  
a spring element between the top and the bottom of the device, the spring element comprising an inflatable bag;  
whereby the distance from the top to the bottom of the device varies with the amount of force placed on the device during an exercise.
5. (previously presented) The device according to claim 4 wherein the exercise is a push-up.
6. (previously presented) The device according to claim 4 wherein the exercise is a pull-up.
7. (previously presented) The device according to claim 4 wherein the exercise is a dip.
8. (previously presented) An exercise device comprising:  
a geometric element with a relatively flat bottom;  
a top comprising a compressible covering;  
a spring element between the top and the bottom of the device;  
whereby the distance from the top to the bottom of the device varies with the amount of force placed on the device during an exercise; and  
a means for decreasing the force required to be exerted by a user during an exercise by adding resistive force to the to the spring element.

9. (previously presented) The device according to claim 8 wherein the resistive force adding means comprises an elastic element.

10-11. (canceled)

12. (previously presented) The device according to claim 8 wherein the device comprises user-assemblable components.

13-14. (canceled)

15. (previously presented) The device according to claim 5 wherein the compressible covering is contoured to fit to the shape of the human chest.

16. (previously presented) An exercise device comprising:  
a geometric element with a relatively flat bottom;  
a top;  
a coil spring between the top and the bottom of the device, the coil spring comprising coils;  
the compression force between the coils being adjusted by adding spacers between the coils;  
whereby the distance from the top to the bottom of the device varies with the amount of force placed on the device.

17. (previously presented) An exercise device comprising:  
a geometric element with a relatively flat bottom;  
a top;  
a loop spring between the top and the bottom of the device;  
the compression force between the top and the bottom of the loop spring being adjustable by adding at least one elastomeric band that is placed around the loop spring;  
whereby the distance from the top to the bottom of the device varies with the amount of force placed on the device.

18-19. (canceled)